How a player gains his first experience of hockey is crucial. If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.
Introduction

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country’s heart and soul.

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES

VISION: WORLD SPORTS LEADERS

The Initiation Program is the foundation of Hockey in Canada!

What are the Initiation and Novice Programs?

- Both the Initiation and Novice Programs are progressive, learn to play teaching curriculums. Children learn through participating in practice drills and informal modified games.

- Consists of four phases of instruction, designed for any entry level hockey player.

- Introduces the skills of skating, passing, puck control and shooting in a progressive one step at a time manner.

The main goal is to make the beginner’s first impression of hockey a good one! When Players get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years.
What are the Initiation and Novice Programs?

- Comprehensive programs for the development of young children as hockey players.
- Focus is on skill development and FUN without the pressures of winning.
- Aims to create participants and instructors who will continue in the game.
- Motto is Fun, Fitness, and Fair Play.

THE OBJECTIVES OF THE PROGRAMS

- To learn the basic skills required to play the game of hockey.
- To develop an understanding of basic teamwork through participation in a variety of activities and game situations.
- To create and refine basic motor patterns.
- To develop self-confidence and experience personal achievement within a positive team atmosphere.

Clinic Outcomes

- To enhance the theory taken in the On-line Hockey University course with practical learning experiences in the classroom and on ice.
- To enhance the use of resources available to coaches.
- To provide practical coaching tools for immediate implementation.

Instructors / Coaches

Initiation / Novice Coaching Pathway
- Hockey University – On-line Module
- Coach 1 – Intro to Coach in class and on ice clinic
- NS – Activity Leader – On-line module

Continuing Education Opportunities
- NCCP Instructional Stream
- Skating Clinic
- Skills Clinic
- Small Area Games Clinic
Long Term Player Development

Maximizing Every Player’s Potential

What is Long Term Player Development?

The Hockey Canada Long Term Player Development model (LTPD) is a framework to maximize a player’s potential and long term involvement in sport over the course of his/her life.

This potential can be maximized by:
- Focus on supporting the complete player not just the athlete training and competition.
- Introduce athletic skills in a systematic and timely way
- Recommend other sports, cross training methods to get away from hockey and avoid burn out
- Remove the focus of winning at all levels and age

What is Long Term Player Development?

- Ensures an early focus on physical literacy - upon which excellence can be built,
- Ensures that optimal training, competition, and recovery programs are provided throughout the athlete’s career
- Provides an optimal competition structure for the various stages of athlete development.
What is Long Term Player Development?

Research has concluded that it takes a minimum of 10 years and 10,000 hours of deliberate training for a talented player to reach elite levels. This does not mean sport specific – it refers to the fact that it takes a long time to get to elite levels in sport, but that every athlete has the potential.

This means before the 10 year or 10,000 hour rule comes into play:
1) A player must have developed the fundamental skills
2) Be physically literate

For a player and coach this translates into slightly more than 3 hours of training or competition daily for 10 years.
(Multisport / Multi-activity)

Drawbacks in our Development System

- Over-competing & under training
- Fundamental movement skills and sport skills are not taught properly.
- Preparation geared to short-term outcomes
- Knowledgeable coaches at the elite levels
- Competition system interferes with athlete development
- Early specialization is demanded

What is Long Term Player Development?

There is a need to better educate parents on the hockey development of their child. It is okay for parents to want their kids to get to the highest levels but they need to know the best way to go about it.

Consequences - What are the results of these drawbacks?

- Poor movement abilities.
- Lack of proper fitness.
- Poor skill development.
- Bad habits developed from over-competition focused on winning.
- Undeveloped and unrefined skills due to under-training.
- Children not having fun as they play adult-based programs.
The 2 most important aspects of Minor Hockey Association development are:
1) Consistency in the coaching philosophy
2) Consistency in what the coaches are teaching.

"Don't be a player's last Coach"

A Minor Hockey Association's success from a coaching / player standpoint will be based on 3 main aspects:
1) Enjoyment of players coming to the rink everyday
2) Improvement of players' skills
3) Developing of players to play at the next level

By implementing a standardized technical curriculum and methodology for instruction, your association is building a foundation for athletes to enjoy the game of hockey and reach their potential. While it should be the goal of each team to be successful the player development process should be at the forefront of each team and this development component must not be compromised.

Keep as many kids as possible playing at as high a level as possible
For as long as possible

Initiation | 5 & 6 Year Olds | games will be cross ice with the ability to go to half ice games as of January 15 of the current playing year
Novice | 7 & 8 Year Olds | games will be half ice with the ability to go to full ice games as of January 15 of the current playing year
The emphasis of Hockey Canada's Initiation and Novice Programs is on teaching technical skills and individual tactics. This foundation of skills will enhance a player's enjoyment of the game.

**SEASONAL STRUCTURE**

**SEPTEMBER / OCTOBER**

- Technical Skills - Introduce
- Skating
- Agility
- Balance
- Coordination
- Puck Control
- Stationary & Moving
- Fun Games

**NOVEMBER**

- Technical Skills - Introduce / Develop
- Skating
- Agility
- Quickness
- Speed
- Puck Control
- Moving
- Dekes
- Passing
- Stationary
- Fun Games

**DECEMBER**

- Technical Skills - Develop
- Skating
- Agility
- Quickness
- Speed
- Puck Control
- Moving
- Dekes
- Passing
- Stationary / Moving

**JANUARY**

- Technical Skills - Refine
- Skating
- Agility
- Quickness
- Speed
- Puck Control
- Moving
- Dekes
- Passing
- Stationary / Moving
- Fun Games
- Relays
- Competitive Skills

**APRIL**

- Jamborees / Festivals
  - 3 on 3
  - 4 on 4
  - Half ice / Cross ice

**FEBRUARY**

- Technical Skills - Develop / Refine
- Skating
- Quickness
- Speed
- Puck Control
- Stationary/ Moving
- Dekes
- Passing
- Stationary / Moving
- Individual Tactics - Introduce
- 1 on 1’s
- Give and Go’s
- Stationary / Moving
- Dekes
- Passing
- Moving

**MAY / JUNE / JULY / AUGUST**

- Off season
- Multisport Activities

**SEASONAL STRUCTURE BREAKDOWN CHART**

- 35% - Introducing Technical Skills
- 35% - Developing Technical Skills
- 15% - Refining Technical Skills
- 10% - Introducing Individual Tactics
- 5% - Developing Individual Tactics
### INITIATION SKILLS

**LTPD STAGE – Fundamentals 1**

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### NOVICE SKILLS

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### The Practice Environment

![Practice Environment Image](image-url)
The Practice Environment

List the 7 key components that make up the practice environment

- Lesson Organization
- Planning and Preparation
- Teaching Stations
- Team Teaching
- Equipment and Space
- Grouping of Players
- Drills and Games

Upon completing this section you will be familiar with:

1) How to properly plan and prepare for a lesson;
2) How to organize teaching stations depending on the number of players you have;
3) The concepts of team teaching;
4) How to use equipment and space effectively;
5) How to group players effectively;
6) Correct on-ice communication techniques; and
7) How and when to use drills and games.

Lesson Organization

Failing to Plan is Planning to Fail!

- Best Case Scenario
  - High Repetition, lots of players active, game like scenario

- Worst Case Scenario
  - Low Repetition, lots of players standing around, non-game like

Planning and Preparation

In order that 100% of your ice time is put to good use, and your goals and objectives for each lesson are met, the following guidelines are suggested:

1) Objectives of the lesson must be clear
2) After determining that the lesson content is appropriate for the skill(s) to be taught, review all the key teaching points
3) Review the lesson with respect to time allotment for each station or activity
4) Ensure you have a copy of the lesson for periodical on-ice reference
5) Ensure the necessary teaching aids are in place; and
6) Ensure all on ice instructors are aware of their specific duties as well as the overall lesson content
The most effective way to teach the basic skills of hockey is to divide your total group of players up into smaller manageable groups. The number of smaller groups you will be able to use depends upon:

1) The total number of players (try to divide them evenly);
2) The different levels of skill of the players;
3) The number of assistant instructors you have working with you;
4) The number of different skills or components of each skill you intend to teach;
5) The amount of ice available for your use.

Teaching Stations

- **FUNdamental hockey skills:**
  - Introduced through stations / small spaces
  - Age appropriate skills programming

Teaching Stations

- **Skill Stations:**
  - 3 Stations
  - 4 Stations
  - 8 Stations
  - No limitations on how to use the ice!
Team Teaching

The following guidelines are recommended for assistant or group instructors:

1) Listen to the head instructor to ensure understanding. If you are not certain of your responsibilities, ask!

2) Assist with the set up/organization of any total group drills and be prepared to move quickly into your group activity;

3) Provide individual instruction through error correction.

4) Keep the players well spaced and spread out to ensure drills are being performed correctly and so that there is sufficient room to view possible errors.

Equipment and Space

Two of the instructor’s most important resources are equipment and teaching aids.

- Without these, lessons are much less effective, are usually without variety and often become dull and boring.
- Performance of some skills, particularly at the basic level for beginners, are virtually impossible to perform without equipment and the necessary teaching aids.

List some of the teaching aids that could be of benefit on the ice

Grouping of Players

At the beginning of the year, one of your first tasks as an instructor, particularly if you are the head instructor, will be to divide the group up into more manageable smaller groups.

- This will normally take place during and after the first ice session, once you have had the opportunity to view the players’ abilities etc.
- Adjustment to initial grouping may be necessary as the sessions progress.
Drills and Games

Using a variety of skill drills and fun games and/or relays will go a long way toward making your ice sessions educational and fun.

Use these types of activities to break up difficult drills or skills, to relieve boredom, to add variety and to finish off a session on a high note.

Cross Ice Hockey
National U17 Camp - Small Area Games

What is Age Appropriate Programming?

In the 2018/19 hockey season, the Hockey Canada policy now mandates that initiation-aged players play cross-ice or half-ice games. In 2019/20 Season, the Hockey Canada Policy mandates Novice shall play half ice games (Full ice allowed after Jan 15).

Designing practice and game play that is appropriate to the age, size and skill level of the participant.

What Are Age Appropriate Modified Games?

FUNdamental game skills:
- Introduced though cross ice/half ice games

Video courtesy US Tennis Association
Small Area Games

Decrease the Space! Increase the Pace!

What Are Small Area Games?

- Competitive hockey drills done in a smaller than normal playing area
- This can be cross ice, neutral zone, corners - depending on what coaches are trying to teach
- Usually less players participating but with a higher and consistent intensity. Lots of puck touches.
- Designed to simulate possible game-like situations that players can experience and learn from

Skills in SAG’s

Game like conditions
- Body Contact / Contact Confidence
  - Puts players in a situation where they need to "read and react"; make a decision
- Transition skating
  - Stepping and angling

Stop and Starts
- Develop Hockey Sense
- Hockey often turns into a 1-1 battle;
- Lateral Movement
- Tight turns
- Confidence

“Hockey sense” is basically a learned trait based on experience.
An Innovative Program Approach

- **FUNdamental game skills:**
  - Introduced through small area games
  - Age appropriate modified games

What Does The Math Tell Us?

- Full Ice - 10 kids on ice – 20 sitting on bench
- Half Ice - 20 kids on ice – 10 sitting on bench
- Multiple Cross Ice Games – 0 sitting on bench

An Innovative Program Approach

- Individual Puck Touches – 2 x Greater
- Shots per player – 6 x Greater
- Shots on goal per minute – 2.75 x Greater
An Innovative Program Approach

- Pass Receptions – 5 x Greater
- Pass Attempts – 2 x Greater
- Body Contact and Puck Battles – 2 x Greater

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An Innovative Program Approach

Acceleration Increased by 10%

8U skating acceleration speeds increased as the ice surface size was reduced. Average skating acceleration speeds were 10% faster in cross ice hockey compared to full ice hockey.

Top Speed Reached in 63 feet

The average distance 8U players needed to reach top speed was 63 feet. Advanced skaters reached top speed in 60 feet or less. The cross ice playing surface is 85 feet in length, meaning 8U players can and do reach top speed in cross ice hockey.

What Does it Mean?

Effective skating, especially at higher levels, is a combination of turns, starts, pivots, and transitions. It’s said that the NHL’s No.1 skill isn’t top speed, it’s the ability to change speeds and accelerate quickly.

Cross ice hockey trains players to skate the game, rather than simply skating fast in straight lines. It provides more acceleration, more agility, and more engagement. It also doubles players’ puck handling opportunities.

Study Courtesy Hockey Alberta

What do Other Sports do?

FUTSOL – Adapted version of Soccer to develop skill and creativity

The best players in other sports train and play with modified games.
Developing Skills

Developing Skills Consists of:
- Teaching Progressions
- Teaching Methods
- Skill Analysis
- Developing Skills

Coaches / Instructors need to know:
- The basic teaching progressions to follow and how to plan explanations and demonstrations of skills.
- The whole - part - whole method of skills instruction.

Teaching Progressions – 4 Links

4 Links

1st LINK: Select a basic skill to be learned; identify what the players must learn.
2nd LINK: Plan the explanation and demonstration; what to say and how to say it.
3rd LINK: Plan how the players will practice the skill.
4th LINK: Advance the skill - provide feedback during practice; make corrections and help players.

Teaching Progressions – 4 Links

1st Link – Select the Skill – Heel to Heel
2nd Link – The Explanation / Demonstration
3rd Link – Practice the Skill
4th Link – Advance the Skill

- Give feedback to guide improvement
- Use feedback as a measure of progress
- Use feedback as reward, not punishment
Teaching Methods

TWO TEACHING APPROACHES

1) Imitation
2) Demonstration

1) The Imitation Method
- Utilize instructors or older players to demonstrate the skill so the younger players can do it through imitation

2) The Demonstration / Explanation / Practice / Correction Method
- Demonstrate
- Explain
- Practice
- Correct

Skill Analysis

What is Skill Analysis?
Skill Analysis at the Initiation / Novice level is less about biomechanics and more about determining what the players can and can't do!

1) Check for Preliminary Movements
2) Teach the Whole - Part - Whole Method
Skill Analysis

Correction Methods

Glide Turns:
— Shoulders and head initiating the turn
— Does player lead with the inside skate
— Can player perform the turn in both directions?

STEP 1: Break a skill into separate parts
STEP 2: Separate the good points of technique from the bad
STEP 3: Find a way to correct the technique

Skill Analysis

The Skill Evaluation checklists in the manual will be one of the most important tools for skill analysis you are given as they will give you the key points to look for. All of the skills taught in the Initiation and Novice Programs come with key teaching points included.

Developing Skills

Simple Skill Learning

4 Step Process

1) DEMONSTRATE
2) TECHNIQUE
3) PRACTICE
4) F.I.O. – Figure it Out

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Developing Skills

Technique

1) Teach skills not only for technique, but also for results.
2) Repetition helps players to become consistent performers.
3) Results happen when repetition of proper technique can be mastered so technique can be incorporated into drills and ultimately into games.

Developing Skills

Technique – Components of Stickhandling

1) Feet wide apart for stability and balance
2) Bottom hand needs to be able to slide for range of motion.
3) Move the puck first – then the body
4) Quick hands and quick feet but also quick hands and slow feet

Practice

“Players need to learn at a speed where they can practice, think and create without worrying about making mistakes”

1) Practice at a speed so players can learn
2) Practice needs to be done in progression:
   - If you can’t do it standing still
   - You can’t do it moving
   - You can’t do it to beat an opponent
3) Work on the same skills in a variety of drills
F.I.O – Figure it Out

Figure It Out – Means creativeness and improvisation

1) If players are attached to the outcome ie worried about making a mistake, they will not fully realize their potential to be creative. They need to let go!

2) Create or set up the drill, then let players decide the patterns.

Resources – www.hockeycanada.ca

Resources – www.hockeycanadanetwork.com

www.hockeycanada.ca
Resources

Coaching – Initiation / Novice Program Sections

The Initiation and Novice Program portions of the Coaching section on the app contain key messages, promotional materials, administrator & coach messaging, ice setups etc.

Resources

Skill Development - Skills Manuals – Initiation / Novice

The Hockey Canada Skills Development Initiation / Novice Manuals are broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill.

Resources

Skill Development - Initiation and Novice Skills Videos

Playing video...
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